



HEALTH CHECK

WHO NEEDS A WELL CHILD CHECK-UP?



Many health problems
begin before your children
look or feel sick.

If your child is on EqualityCare, he or she can get FREE Well Child **Health Check** Exams. These exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.



Inside this Issue:

Summer Safety Tips	2
Bicycle Safety	2
Water Safety	2
Playground Safety	2
Lead Testing and Your Child	3
Client Web Portal	3
Throwing out Unwanted Medications	3
Where should I take my child for a Checkup?	4
Making an Appointment	4
When should my child have a health check ?	4
Who should I call?	4
Department of Health	5

What is included in a well child health check?

- ⇒ A head to toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height, weight and development check
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

Special points of interest:

- Well Child Check-Ups
- Summer Safety Tips
- Lead Testing and Your Child
- Client Web Portal
- Important Telephone Numbers

SUMMER SAFETY TIPS

Summer means warm sunny days which leads to many outdoor activities and fun under the sun! The heat and sun can lead to heat-related illnesses if your child becomes overexposed. Here are some ways to help you and your children enjoy your summer activities safely:

- * **Use Sunscreen.** Use sunscreen any time you or your children are spending time in the outdoors (sunscreen should have an SPF of 15 or higher)




- * **Dress for the heat.** Dress your children in lightweight, light-colored clothing, hats, and sunglasses.
- * **Drink water.** Make sure that everyone drinks plenty of water. Carry water or juice with you and drink continuously even if you do not feel thirsty.
- * **Stay indoors when possible.** Limit time in the sun during peak sun intensity hours. Peak sun intensity hours occur between 11:00 AM—4:00 PM.
- * **Take regular Breaks** when engaged in physical activity. Take time out to find a cool place.



BICYCLE SAFETY

Bike riding can be a fun activity for the whole family but if safety precautions are not taken, it can be dangerous. According to an article on www.npc.org/topics/by-audience/parents/bicycle-safety, in 2002, almost 300,000 children were treated in hospital emergency rooms after bicycle accidents. Following are some safety tips to help prevent accidents:

- ◆ Always wear a helmet and make sure it's fastened.
 - ◆ Wear bright clothing.
 - ◆ Ride in safe places.
 - ◆ Obey the rules of the road.
- 
- ◆ Look both ways before crossing an intersection.
 - ◆ Whenever possible, cross the road at crosswalks.
 - ◆ Give bikes regular tune ups.
 - ◆ Lock up or keep bikes in a safe place.
 - ◆ Ride with a friend.

WATER SAFETY

As the summer sun heats up, everyone is looking for ways to keep cool. A favorite among many people is to go swimming, boating, or fishing. Whatever your favorite activity may be, safety around water for children is very important. Here are a few safety tips that may help:

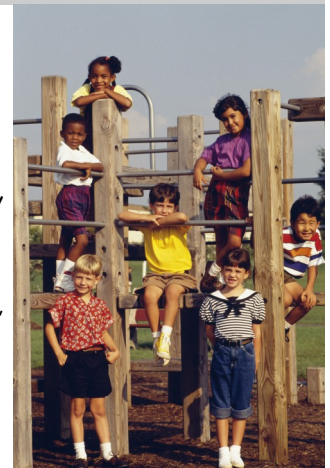


- ◇ **Supervision.** Watch your children around any water environment (pool, stream, lake, or tub), no matter what skills your child has acquired or how shallow the water.
- ◇ **Life jackets.** Do not rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision. A life jacket should always be used when you take your child out on a boat.
- ◇ **Swimming lessons.** Enroll your children in a water safety course or swimming classes.
- ◇ **Learn CPR.** Parents should take a CPR course. Knowing these skills can be important around the water or in any other activity year round.

PLAYGROUND SAFETY

Children enjoy playgrounds in parks, schools, and backyards all year. Here are some helpful playground safety tips to keep the kids in your life safe:

- ⇒ **Supervision.** Adult presence is needed to watch for potential hazards. Strings on clothing or ropes used for play can cause accidental strangulation if caught on equipment.
- ⇒ **Age appropriate equipment.** Preschoolers, ages 2-5, and children ages 5-12, are developmentally different and need different equipment located in separate areas to keep the playground safe and fun for all.
- ⇒ **Safe playground surfaces.** Acceptable surfaces include hardwood fiber/mulch, pea gravel, sand, and synthetic materials such as poured-in-place, rubber mats, or tiles.
- ⇒ **Safe Equipment.** Check to make sure the equipment is anchored safely in the ground, all equipment pieces are in good working order, S-hooks are entirely closed, and bolts are not protruding.



LEAD TESTING AND YOUR CHILD



History of Lead

Lead-based paint can be found on the painted surfaces inside and outside of many residences built before the 1978 ban. The U.S. Department of Housing and Urban Development (HUD) estimates that 83 percent of private housing and 86 percent of public housing built prior to 1980 contain lead-based paint. In addition, the older the home, the more likely it is to contain lead-based paint. That's because lead based paint was widely used during the first several decades of the 20th century. It was not until the 1950's that the use of lead-based paint in homes began to decline noticeably. During the 1950's, latex paint which seldom contains lead became the dominant paint for interior walls. Although the use of lead-based paint in homes continued to decline throughout the 1960's and 1970's, its use was not stopped altogether until it was banned in 1978.

Lead Concerns

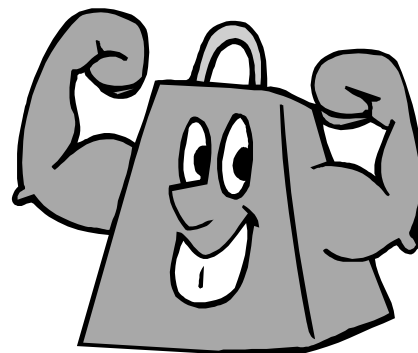
- ◆ Lead exposure can be dangerous, especially to children ages 6 and younger.
- ◆ Exposure to lead-contaminated dust, not lead-based paint, is the most common way to get lead poisoning.

Did you know?

- ◆ A child does not have to eat paint chips to get lead poisoning. It is more common for a child to get lead poisoning by swallowing lead dust.
- ◆ Children who eat healthy foods are less likely to get lead poisoning. Your family, especially your children, should be tested for lead. It is the only way to detect lead poisoning.

Lead poisoning can be prevented

- ◆ Some simple steps like keeping your home clean and feeding your family a well-balanced diet will go a long way in preventing lead poisoning.
- ◆ Make sure your children eat at least three meals a day. Less lead is absorbed when children have food in their systems.
- ◆ Give your children foods high in iron and calcium, such as milk, cheese, fish, peanut butter, and raisins. When a child does not have enough iron or calcium in his or her body, the body mistakes lead for these nutrients. A diet lacking protein, vitamin C, and zinc may also cause increased blood-lead levels.
- ◆ Avoid giving your children fried and fatty foods. These foods allow the body to absorb lead faster. Cut down on fat by baking, broiling, or steaming food.



CLIENT WEB PORTAL



Coming this Summer!

EqualityCare will have a website for clients. The website will offer:

- ◆ General Information
- ◆ Frequently Asked Questions
- ◆ A provider look-up feature, so you can find an EqualityCare physician, hospital, dentist, pharmacy or any other provider type in-state or out-of-state
- ◆ The ability to check your eligibility

THROWING OUT UNWANTED MEDICATIONS

Following are guidelines for throwing out unwanted medications at home:

- ◆ **Keep the medication in its original container.** The labels may contain safety information and the caps are typically childproof. Scratch the patient's name out or cover it over with a permanent marker.
- ◆ **Modify the contents to discourage children from swallowing the medication:**
 - * *Solid Medications:* Add a small amount of water or vinegar to pills or capsules to partially dissolve them.
 - * *Liquid Medications:* Add enough table salt, flour, charcoal, or non-toxic powdered spice, such as turmeric or mustard to make a pungent, unsightly mixture that discourages anyone from eating it.
 - * *Blister packs:* Wrap packages containing pills in multiple layers of opaque tape like duct tape.
- ◆ **Seal and Conceal.** Tape the medication container lid shut with packing or duct tape. Put it inside a non-transparent bag or container such as an empty yogurt or margarine tub to ensure that the contents cannot be seen.
- ◆ **Discard the container in your garbage can...**do not place in the recycling bin. Do NOT conceal medicines in food products because they could be eaten by wildlife scavengers.

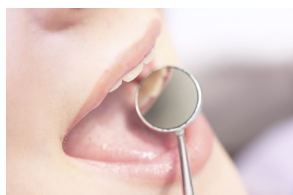


WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?



Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**. It is best to establish a "medical home", a place where they know your child's history. Find a place in

your area to provide this medical home. For Dental exams, make an appointment with a dentist in your area.



MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare before making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare card and immunization record.

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years ✓ 5 years
- ✓ 4 years ✓ 6 years



Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** KidCare CHIP is not an EqualityCare Program*

Visit our website at
[http://wdh.state.wy.us/
healthcarefin/index.html](http://wdh.state.wy.us/healthcarefin/index.html)



Wyoming
Department of Health
Office of Healthcare Financing

Our mission is to promote,
protect and enhance the health
of all Wyoming citizens.



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

Permit No. 7
Cheyenne, WY

PAID
US Postage
Prst Std

YOUR HEALTH CHECK NEWSLETTER



Office of Healthcare Financing
6101 Yellowstone Rd., Ste. 210
Cheyenne, WY 82002
Email: wdh@health.wyo.gov